

Baked Mozzarella Sticks

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Ingredients

1 cup panko bread crumbs
1/2 teaspoon garlic salt
1 teaspoon Italian seasoning
8 mozzarella sticks, cut in half
1/2 cup all-purpose flour
1/2 cup egg substitute (or 2 large eggs or three large egg whites)
1/2 cup sun-dried tomato pesto (for dipping)

Directions

Preheat oven to 400.

Place the cheese stick halves in the freezer 15 to 20 minutes.
While the cheese is freezing, place the panko on a baking sheet and lightly toast in the oven. Remove from heat and combine with the garlic salt and Italian seasoning in a small mixing bowl. Set aside.

Place the egg and flour in a small, shallow bowl. Set aside.
Remove from the freezer and dredge in the flour. Dip the cheese into the egg mixture and then the panko mixture; making sure to press the cheese firmly into the panko.

Place the cheese on a baking rack placed on top of a sheet pan. Continue with remaining cheese, flour, egg, and panko.

Bake at 400 for 8 to 10 minutes or until the coating is crisp and the cheese is heated through. Remove from heat and cool slightly before serving with the tomato pesto or other, favorite dipping sauce.